



*Shape*  
**YOUR WORLD**

Total Makeover  
*challenge*  
GROW.EVOLVE.EMPOWER

# SHAPING YOUR WORLD...

13th Edition—April 8th, 2017

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- What's all the Tweeting About—Partnering in Success
- Facial Masks—Shoppers Drug Mart
- Coming Events

**START STRONG,  
STAY STRONG, AND  
FINISH STRONG BY  
ALWAYS REMEMBERING  
WHY YOU'RE DOING IT IN  
THE FIRST PLACE.**

{RALPH MARSTON} bikinibodyworkouts.com

**Congratulations to Langley for being the Biggest Loser this week!**



Together Abbotsford and Langley's Top 15 lost 61.6lbs this week. That's as much as 10 582 ping pong balls!



200<sup>th</sup>  
LANGLEY  
DENTIST

Thank you to our Diamond Sponsors for making the Total Makeover Challenge 2017 possible!



Spring is finally upon us! The weather can have such a dramatic impact not only on how we look, but also how we feel! Making a few small changes in your daily routine with the right products will help lift your spirits and awaken your spring look!

Let's talk masks. A facial mask or an instant treatment patch, is the fastest way to bring life to your face, plump those lips, or reduce puffiness and bags around the eye area. VICHY has created three new masks for you to take home and experience instant results. Sold in convenient single-use pouches, the Quenching Mineral Mask, Pore Purifying Clay Mask and Double Glow Peeling Mask cater to every skin type and need.

Another company offering you instant results is Lise wadier. These volume enhancing lip patches give you the plump and pouty lips of the season! You are only 20 minutes from an enhanced look that will last the whole day!

Top these pouty lips off with the newest lipstick to Launch from this empire of color. Rouge Intense Supreme lipstick will give you intense color and extreme hold for your new spring look.

Your favorite Beauty Boutique expert is waiting to help you spring into the season!

## WHAT'S ALL THE TWEETING ABOUT?

**Online and offline marketing is inviting you daily to "Follow Us on Twitter."**

**You've taken a look at Twitter and you just don't get it! And why should you even care?**

Brands are moving to social media as a way to interact, share information, provide customer service and build relationships.

The most up-to-date news stories are being shared on Twitter first, as this fast-paced micro-blogging platform makes it easy to share information quickly without needing a lot of detail.

### 3 Tips to help you get started

**Choose a short Twitter name, if possible.** (mine is @partnerinbiz, but shows up as Tracey Ehman)

**Write posts that are about 110 – 120 long** including your Twitter name so they can be easily retweeted.

**Be sure to add your Avatar** – it can be your photo, or something that would be recognizable to your potential followers, like a company logo. (As a rule I don't follow those with only the default avatar.)

### 4 Twitter Terms Explained:

**Follow** – when you are interested in someone's content, or they are interested in yours, you can "follow" them, which means that their posts will appear in your Home Feed.

**Retweet (RT) ( )** – when you want to share the information someone else posted on Twitter, you can click on the Retweet icon, and share the post.

**Favorite (☆)** – If you see a post you like, that you might want to come back to, "favoriting" it will make it more easily accessible. It is also used to let people know that you like what they have posted.

**Hashtags (#)** – using hashtags # allows you to tag a particular subject, which can then be easily searched by others who want to know about it. ie #SocialMedia

If you want to learn more about Twitter or Social Media in general and how it can help your business please go to [Ask Tracey](http://www.partneringinbusiness.com/ask-tracey) and enter your question.

<http://www.partneringinbusiness.com/whats-tweeting/>

# UPCOMING EVENTS

The Little Black Dress Cocktail Party—April 11, 2017 at the Phoenix Lounge in Abbotsford. Ctrl Click on photo for link.



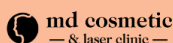
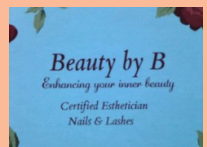
The Little Black Dress Cocktail Party—April 12, 2017 at Sammy J's in Langley. Ctrl Click on photo for link.



Photography, Makeup & Modelling Fun - Thank you to Tetyana, Corinna and Andrew and Arlene Simpson for sharing your tips and having such fun with the women! (Press Ctrl and click on the image for link)



If you would like to volunteer, become a sponsor, or donate to Shape Your World Society, please see our website [www.totalmakeoverchallenge.com](http://www.totalmakeoverchallenge.com) or send an email to [info@shapeyourworldsociety.com](mailto:info@shapeyourworldsociety.com).



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